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Blue to Purple Curriculum Techniques

1. **Double Ankle Grab Sweep**
2. **Both Hands on Ankle Sweep to Armlock**
3. **Push Sweep From Scissors**
4. **Handstand Sweep**
5. **Arm Inside Sweep**
6. **Arm Inside Sweep to Armbar**
7. **Sweep from Seated Guard**
8. **Overhead Sweep**
9. **Leg Pinching Sweep**
10. **Scissor Sweep Standing from Guard**
11. **Hook Sweep from Guard**
12. **Kick over Sweep** (Balloon)
13. **Sweep from Guard** (Spider Guard)
14. **Star Sweep**
15. **Sweep from Guard** (Holding the Knee)
16. **Sweep from Guard** (Stand in Base - Holding the Belt)
17. **Sweep from Guard** (Stand in Base - Holding the Collar)
18. **Sweep from Guard** (Hand on Knee)
19. **Half Guard to Half Mount** (Leg Straight)
20. **Half Guard to Half Mount** (Leg Bent)
21. **Half Guard to Side Mount** (Holding Belt)
22. **Sweep to Mount & Choke**
23. **Shoulder Grab** (Bent Arm)
24. **Shoulder Grab** (Straight Arm)
25. **Lapel Grab with Both Hands**
26. **Defense Against Front Thrusting Kick**
27. **Standing Guillotine Defense**
28. **Both Hands Grab from Behind**
29. **Standing Head Lock Defense** (Taken to Ground)
30. **Two Hands Against Wall Defense**
31. **Under Arm Collar Choke from Guard**
32. **Mount to Back**
33. **Achilles Ankle Lock** (Passing Guard)
34. **Omo Plata**
35. **Kimura from Cross Body**
36. **Choke from Cross Body**
37. **Cross Body to Knee on the Stomach**
38. **Escape Knee on Stomach** (Going to Knees)
39. **Armlock from Knee on Stomach**
40. **Triangle Choke to Armbar**
41. **Ankle Lock when Passing Guard** (Stacking)
42. **Knee Bar from Guard**
43. **North South Foot Lock**
44. **Ankle Lock from Open Guard**
45. **Knife Stab Defense**
46. **Overhead Knife Stab Defense**
47. **Knee Bar from Cross Body**
48. **Neck Crank from Cross Body**
49. **Choke from Knee on Stomach**
50. **Straight Armlock from Cross Body**
51. **Guard to Back**
52. **Foot Lock from Back Mount** (Feet Crossed)
53. **Helicopter Armbar**
54. **Half Guard to Cross Body**
55. **Escape from North South** (Knees Under Armpits)
56. **Pass Half Guard to Mount**
57. **Head & Arm Choke from Guard**
58. **Choke from Half Mount**
59. **Knee Bar from Passing Guard**
60. **Choke from Guard** (Holding your Elbow)
61. **Double Armlock**
62. **Arm Trapped Armlock** (Hand on Lapel)
63. **Squeeze the Bread** (Both Hands)
64. **Shoulder Lock from Guard**
65. **Escape Knee on Stomach** (Making Hook)
66. **Escape Knee on Stomach** (Using Knees)
67. **Escape Knee on Stomach** (Holding Belt)
68. **Choke from Knee on Stomach** (Crossing Hands)
69. **Pass Guard & Defend Recompose**
70. **Counter to Kimura**
71. **Helio Gracie Choke from Mount**
72. **Escape from Mount** (Two Hands on Belt)
73. **Cross Body to Mount** (Foot Between Legs)
74. **Cross Body to Mount** (Holding your Foot)
75. **Cross Body to Mount** (Holding Opponents Leg)
76. **Defense Against UPA** (Locking Legs)
77. **Mount by Pushing Opponents Legs**
78. **Lapel Choke** (Mount Going to North South)
79. **Defense Against Lapel Choke** (Mount Going to North South)
80. **Squeeze the Bread from Mount** (Nutcracker)
81. **Lapel Choke from Cross Body**
82. **Counter Elbow Escape**
83. **North South Escape to Choke**
84. **North South Escape** (Foot in Belt)
85. **North South to Back**
86. **North South Escape to Armlock**
87. **North South Position Fishing to Half Guard**
88. **Choke from Guard** (Using Gi)